



The Energy Ecosystem

A Pioneering New Framework for
Connecting Nature, People and Parks

Your Guides:

Kain Sanderson, Chief Trailblazer

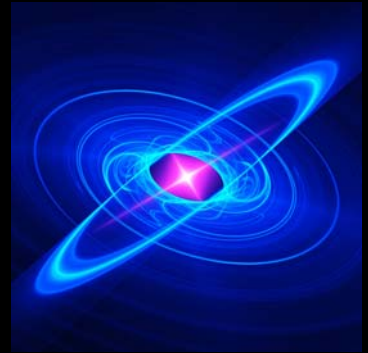
Coby Wayne, Chief Experience Officer

Session Goals




Learn aspects of the
Energy Ecosystem Model

- ✧ You come out of the session knowing yourself already to be an environmental Energy Hero with expanded consciousness and new understanding of the nature, role and importance of your work



Session Goals


 Discover new frameworks and tools to take your work to the next level to make an even bigger difference

Session Goals



Have a concrete experience
applying aspects of the Energy
Ecosystem today

Session Goals



Have new ways to help promote living consciously through trails and greenways, including receiving funding

Guidelines for Trail Safety

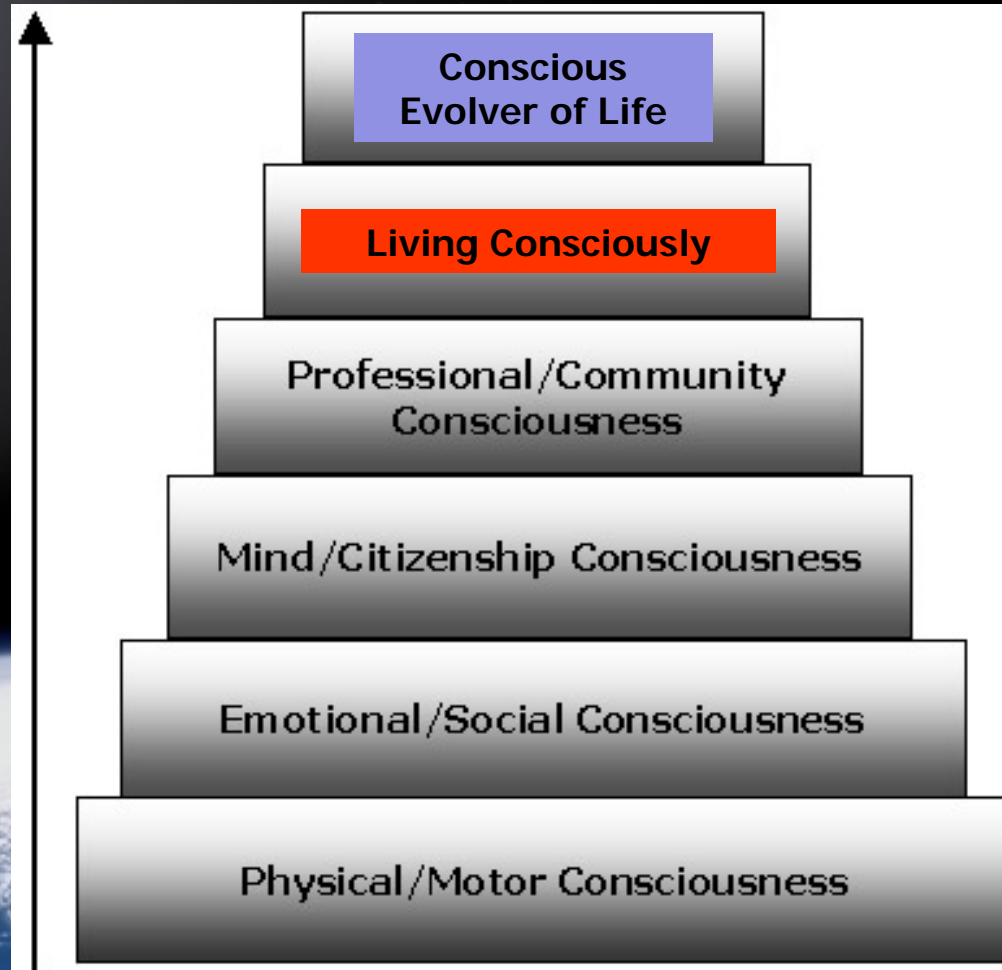
- 🌲 Open your mind
- 🌲 Engage with wonder
- 🌲 Be youthful and playful
- 🌲 Let nature be evidence of magic
- 🌲 Expect the unexpected
- 🌲 Experiment!

What is an Energy Hero?

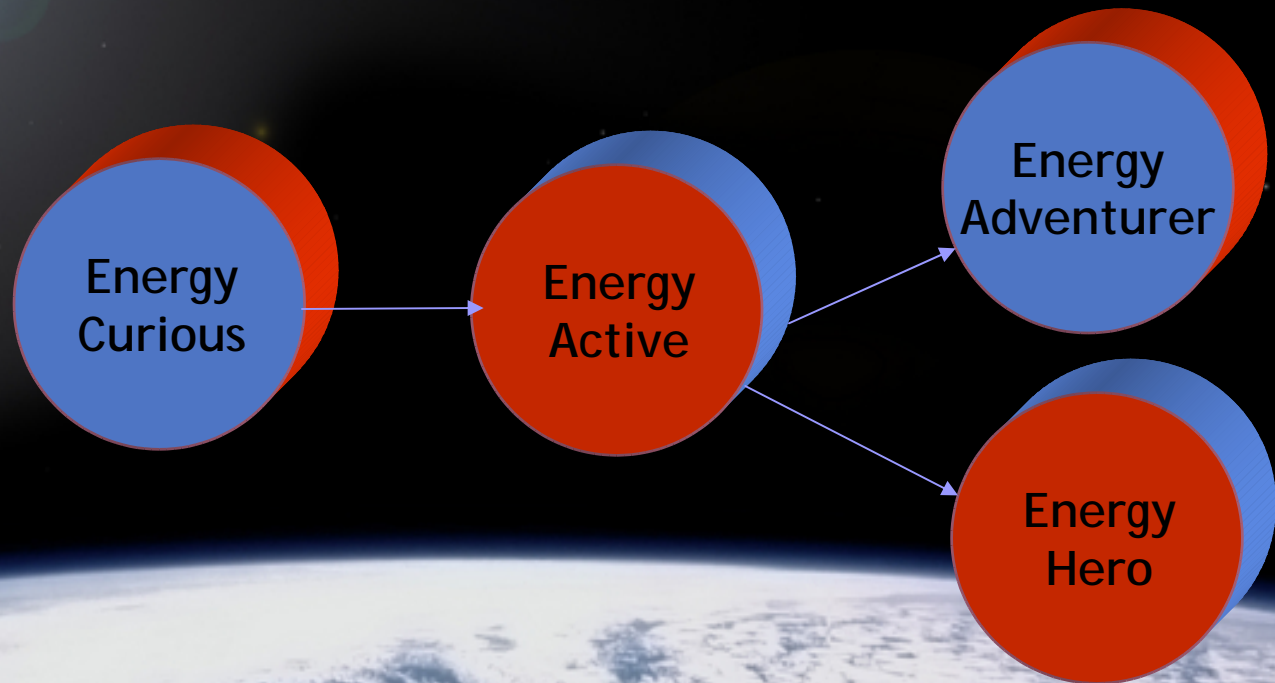


An adventurous person, group of people or organization working to live more consciously, make a bigger difference and promote more conscious living through the world of life's energy

The Evolution Pyramid



The Energy Ecosystem: A Journey of Living Consciously



Evolution through Energy

Experiences of Living Consciously



Less

- Disoriented
- Overwhelmed
- Negatively Stressed
- Frustrated
- Worried/Fearful
- Diverted/Delayed
- Wasting of energy and resources




More

- + Centered Growth
- + Interconnected
- + Grounded
- + Vision/Perspective
- + Creativity
- + Fun/Play
- + Vitality/Fuel
- + Impact and Service



The Energy Ecosystem: A Path of Living Consciously

 Connecting to the environment

 Expanded understanding of oneself and others in relation to the environment



The Energy Ecosystem: A Path of Living Consciously


🌲 Trails and greenways as a path of growth and service

🌲 Profiling the “Energy Nature” of the trails and greenways movement

✧ Exploring the trail metaphor for the nature of growth and life



The Energy Ecosystem: A Path of Living Consciously

 How to bring Energy Hero consciousness for the environment: Start with yourself as a pioneer



The Energy Ecosystem: A Path of Living Consciously




You yourself as pioneering your path: What is your Energy Nature?

- ✧ Connecting to your trails purpose
- ✧ Your personal “Energy ID”
- ✧ Organizational “Energy ID”
- ✧ Users’ + volunteers’ “Energy ID”
- ✧ Funders’ “Energy ID”



The Energy Ecosystem: A Path of Living Consciously

 An experience to power up yourself, your trail use, your work and your community/environment

Traditional Definitions of Energy



From *Merriam-Webster
Dictionary Online*:

1. A dynamic quality
2. The capacity of acting
or being active
3. A usually positive spiritual force

Energy Arts Definition of Energy



From Energy Arts Alliance:

1. Evolving life, consciousness and substance, which can be consciously used, directed, shared and transformed

Your Energy Instruments/ Fields

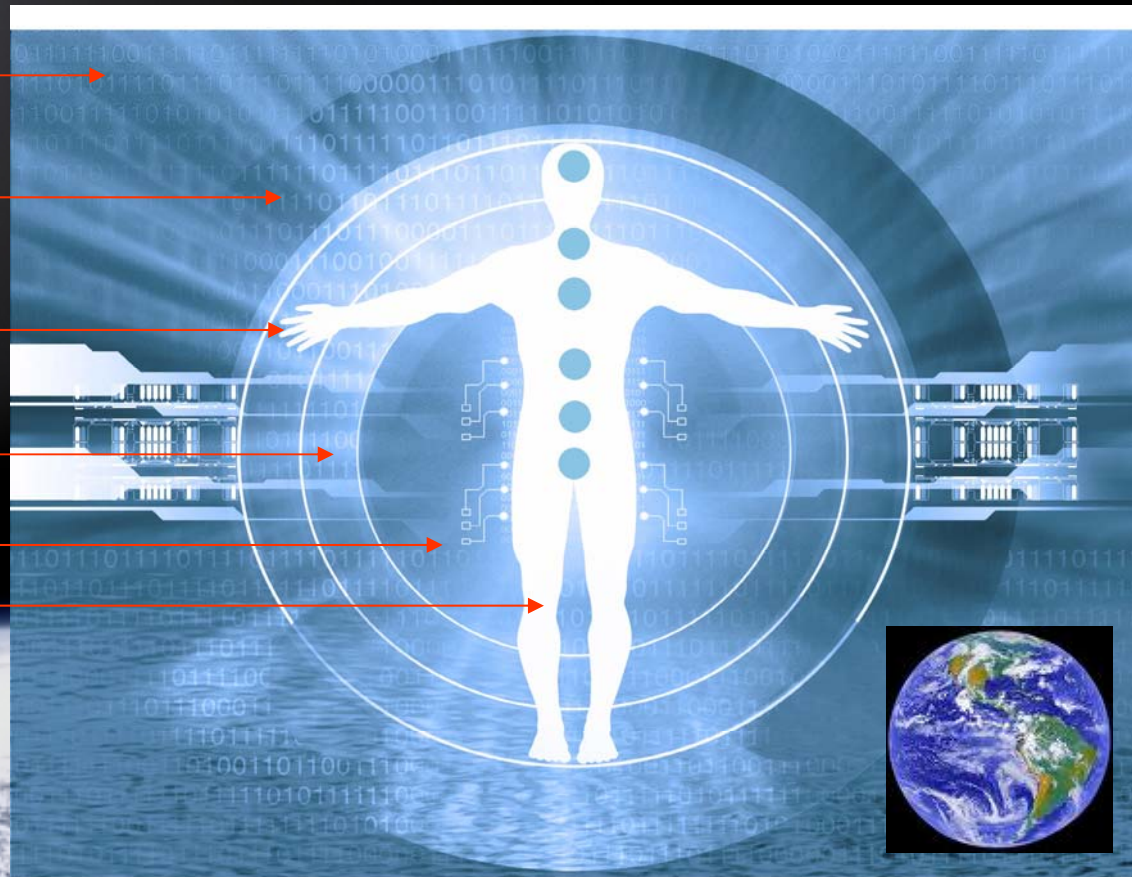
Earth
Instruments/Fields

Goodwill Energy
Instrument/Field

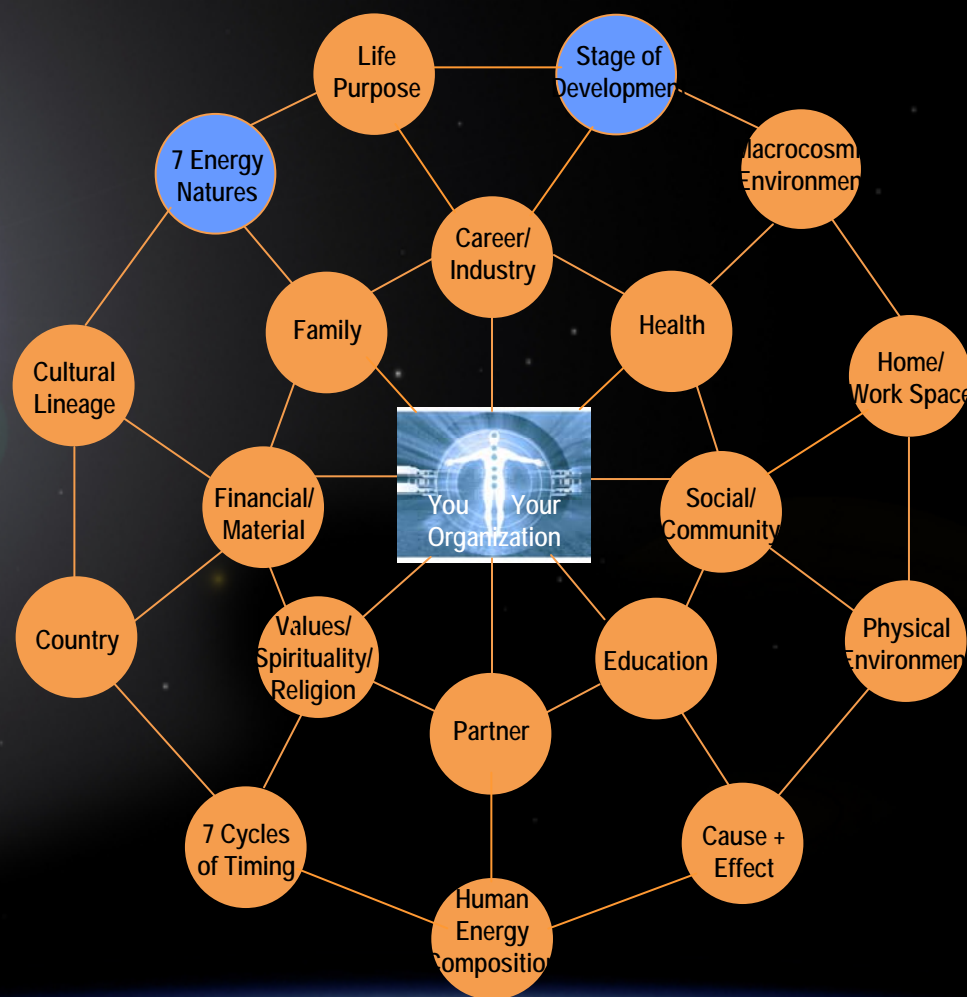
Mental Energy
Instrument/Field

Emotional Energy
Instrument/Field

Physical/Vitality
Energy Instruments/
Fields



Source of Earth Image: NASA




The Energy Ecosystem



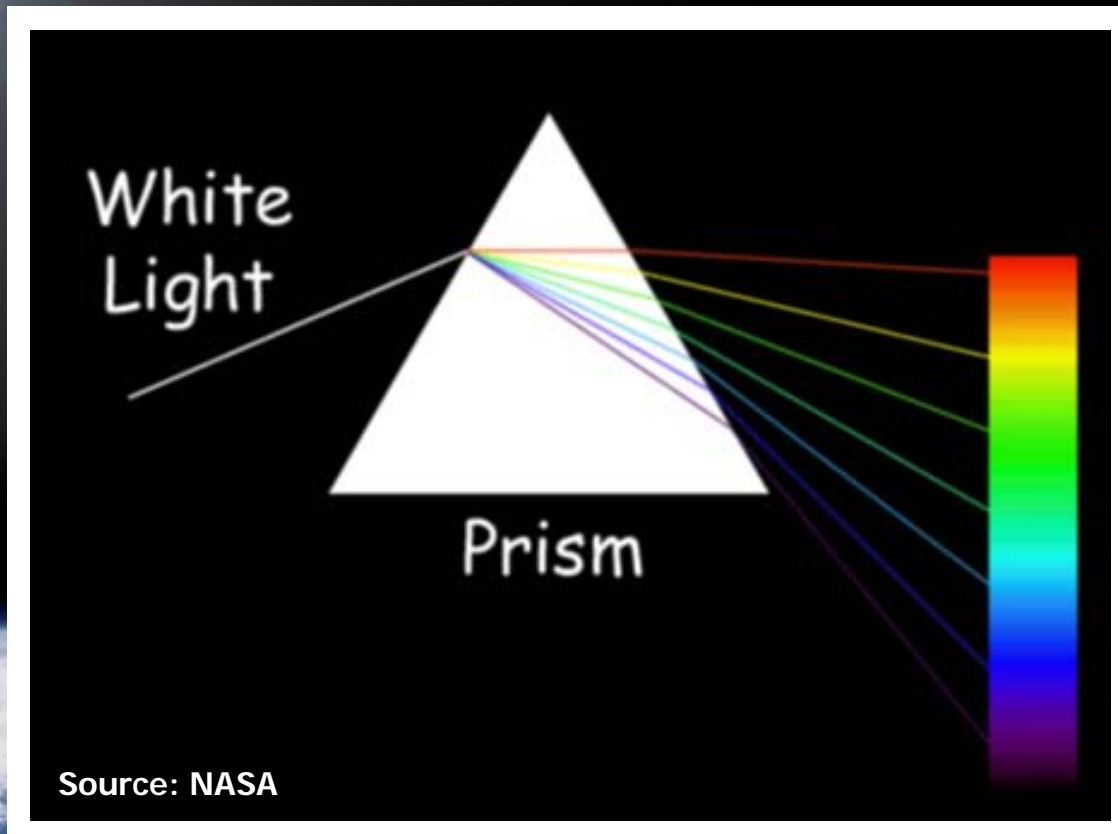
Profiling Your Energy ID

 The 7 Energy Natures

 Sample assesement of the
Energy Nature of the National
Parks System

 Assessing yourself and others

The 7 Energy Natures



Profiling Your Energy ID



Identify re: trails/greenways:

✧ Your Purpose

✧ Goals

✧ Values

✧ Nature



The Qualities of the 7 Energy Natures

 Energy Nature 1:
The Explorer/Adventurer

“Conquer the mountain”

The Qualities of the 7 Energy Natures

 Energy Nature 2:
The Preservationist

“Preserve the mountain”




The Qualities of the 7 Energy Natures

 Energy Nature 3:
The Contemplative

*“Contemplate the mountain
for new ideas”*

The Qualities of the 7 Energy Natures

 Energy Nature 4:
The Artist/Beauty-Lover

*“Enjoy the beauty of the
mountain”*



The Qualities of the 7 Energy Natures

 Energy Nature 5:
The Scientist

*“Study and catalog the
mountain”*



The Qualities of the 7 Energy Natures

 Energy Nature 6:
The Community-Builder

*“Build community around the
noble mountain”*

The Qualities of the 7 Energy Natures



Energy Nature 7:
The Athlete or Systematizer

*“Get fit on the mountain” or
“Create the systems and institutions for
use of the mountain”*

Energy ID of National Parks System

Explorer/Adventurer



Preservationist



Contemplative



Artist/Beauty-Lover



Scientist



Community-Builder



Athlete or Systematizer



Combo



Very evolutionary works or projects are those that synthesize all 7 Energy Natures

Your Energy ID

Explorer/Adventurer

☐

Preservationist

☐

Contemplative

☐

Artist/Beauty-Lover

☐

Scientist

☐

Community-Builder

☐

Athlete or Systematizer

☐

Combo

☐



Your Organization's Energy ID

Explorer/Adventurer

☐

Preservationist

☐

Contemplative

☐

Artist/Beauty-Lover

☐

Scientist

☐

Community-Builder

☐

Athlete or Systematizer

☐

Combo

☐



Your Users'/Volunteers' Energy ID

Explorer/Adventurer

☐

Preservationist

☐

Contemplative

☐

Artist/Beauty-Lover

☐

Scientist

☐

Community-Builder

☐

Athlete or Systematizer

☐

Combo

☐

Your Funders' Energy ID

Explorer/Adventurer

☐

Preservationist

☐

Contemplative

☐

Artist

☐

Scientist

☐

Community-Builder

☐

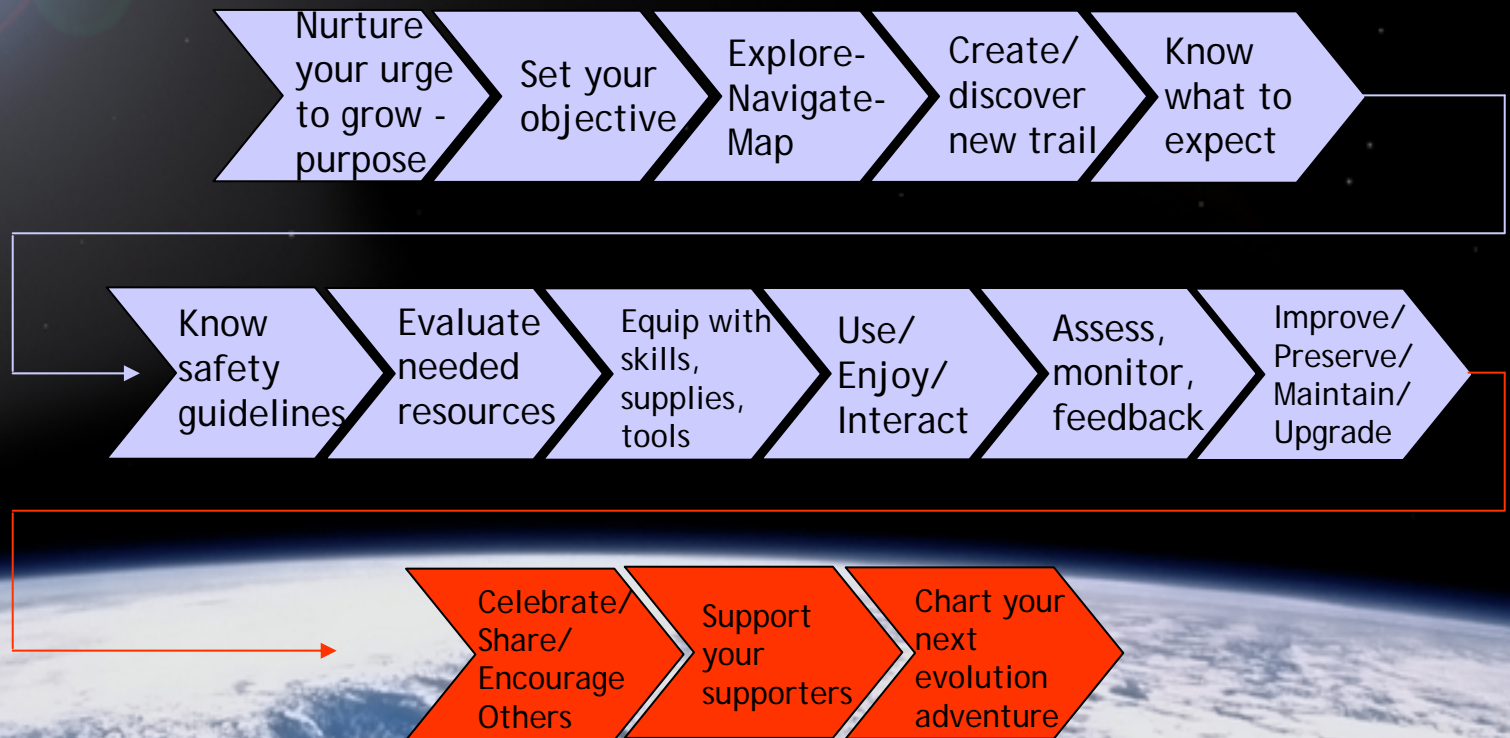
Athlete or Systematizer

☐




Combo

☐

Your Field Work: Apply the Trail Metaphor



An Experience to Power Up Yourself, Trail Use, Work, Community/Environment

-  1. Plug in
-  2. Power up
-  3. GO!

energyartsalliance.blogspot.com
energyartsalliance.wordpress.com



Energy Arts Alliance

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